



Archpriest Thomas Soroka, *Rector*  
Deacon Luke Loboda, *Attached*

**Cheesefare Saturday/Forgiveness Sunday**

McKees Rocks/Pittsburgh, PA  
OrthodoxPittsburgh.org March 13-14, 2021

**Announcements**

➤ **Great Lent begins tomorrow. The Lenten Schedule is now available at the candle desk.** Please post it in a prominent place to make every effort to attend the Divine Services during Great Lent. We will not be curtailing services, we will actually be increasing the number of services we normally offer, since we will have all four Memorial Saturday Liturgies. May God bless your faithfulness as we approach the Lenten season.

➤ **This Saturday, March 20, beginning after the Divine Liturgy** (approximately 11:30 am) we will be working on several projects for which we are **asking able bodied people to help.** First, we will be reconfiguring the side rooms of the altar to accommodate the need for more space (asking men to help with the moving heavy furniture and installation of cabinets). Also, we will be cleaning the large chandelier. Please help us if you can.

➤ **Donations are now being sought** for the completed iconography in the Children’s (“cry”) Room. Please refer to the insert in today’s bulletin to see suggested donations if you are able to support this incredible gift to our children. Fr Theodore will complete the drawings in the Candle Kiosk Room, God willing, later this year.

**DATES TO NOTE**

**Orthodox Great Lent Begins Monday, March 15**  
*Western Easter is on Sunday, April 4*  
**Orthodox Pascha is on Sunday, May 2**

**Prayers**

➤ **Ill and infirm:** *Known to be hospitalized:* (none) *Home:* George Shaytar, Sandi Tirpak, Paul Yewisiak. *Shut in, Rehabilitation, or Nursing Home:* Garnette Kerchum, Eleanor Kovacs, Natalie Popovich, Olga Tryszyn.

➤ **Vigil Lights** From the **John Mahalchak family** for the health of friends and family, especially Cheryl, John, Gregory, Mary, Daniel, Kevin, Steven, Kayla Elizabeth, and Theresa. From **Lindy Hamilton** for the health of Elaine Hamilton and Elizabeth Hamilton. From **Charles Wasilko** for the departed servants Uncle Mike Wasilko, cousin Michael Wasilko, and Michelle Bittner. From **John Kowalcheck and Olga Cozza** for the health of Xenia (Nora) Kowalcheck and the child to be born of her; for the health of Galina Vilкова, Elena Kondratenko, and Elena Mayorova. From **John Kowalcheck** for the health of Olga Cozza on her birthday. From **Mat Nancy and Gregory Mell** for the departed servants Dn Joseph Mell and Michelle Bittner (1 year) and for the health of family. From **Doris Wasilko** for the departed servant cousin Michael Wasilko and Michelle Bittler; for the health of the Wasilko and Dyczko families. From **Marsha Wasilko** for the departed servants Michelle Bittner and cousin Michael Wasilko.

**Thank You**

➤ to **John and Deb Burgess** for sponsoring these categories of monthly donations for March: (Bulletin \$60, Holy Bread \$50, Communion Wine \$40, Altar Candles \$25) and to the **John Mahalchak family** (Incense \$10) for the health of friends and family.

**This Week in Church School**

**Today's lesson:** Elijah

**Scripture reference:** I/III Kings 17-22, II/IV Kings 1-2

**Questions to ask/review:**

- Who was Elijah? What is a prophet?
- How did the Jewish people become separated around 900 BC?
- Did Elijah live in the North or South?
- What are the differences between a prophet of God and a prophet of Baal
- Why did Elijah go to speak to King Ahab?
- Would you have been willing to go to the king if you had been in Elijah’s place? Why or why not?
- Have you ever had to stand up for what you believe in? What happened?
- What 2 miracles occurred in Zarephath?
- What was God’s curse on Israel
- Why did Elijah destroy all the prophets of Baal after he won the challenge?
- Why did Elijah run from Jezebel? Was he cowardly? Why or why not?
- When Elijah was in the wilderness, why did he want to die? What made him willing to return and face Ahaziah, Ahab’s successor?

**Suggested Activities at home:**

Using a study Bible, locate the events of Elijah’s life on a map.

**Prayer:** Lord, give us the strength to stand for your Truth. Amen.



**St Nicholas Church will strive to glorify God through Orthodox Christian worship, sincere love and care for one another, and service to those in need around us.**

**Welcome!**

Whether you are searching for a new church home or just visiting, we are glad you’re with us today. If you have a prayer request, are looking for more information about the Orthodox Faith, would like to join our parish, or would like to speak with Fr Thomas, we invite you to fill out a visitor’s card and drop it in the offering basket as your offering today. We want to get to know you! God bless you!

**This Week’s Schedule**

**Saturday, March 13**

**10:00 am** Divine Liturgy/Church School  
**5:00 pm** Great Vespers with Cathedral Vigil

**Sunday, March 14**

**10:00 am** Divine Liturgy/Church School  
Blini Luncheon following  
**7:00 pm** Forgiveness Vespers

**Monday, March 15 (Clean Monday)**

**7:00 pm** Canon of St Andrew of Crete

**Tuesday, March 16**

**9:00 am** Lenten Matins  
**9:30 am-12:00 pm** Office Hours  
**7:00 pm** Canon of St Andrew of Crete

**Wednesday, March 17**

**6:00 pm** Presanctified Liturgy  
Fellowship meal following

**Thursday, March 18**

**9:00 am** Lenten Matins  
**9:30 am-12:00 pm** Office Hours  
**7:00 pm** Canon of St Andrew of Crete

**Friday, March 19**

**7:00 pm** Akathist

**Saturday, March 20**

**10:00 am** Divine Liturgy/Church School  
**5:00 pm** Great Vespers with Cathedral Vigil

**Sunday, March 21 (Sunday of Orthodoxy)**

**10:00 am** Divine Liturgy/Church School  
Icon Procession with Children

# Hymns and Readings for Saturday, Mar 13

## **Tone 4 Troparion** (from the *Lenten Triodion*)

O God of our Fathers,  
always act with kindness towards us:  
take not Thy mercy from us,  
but guide our lives in peace,//  
through the prayers of Thy saints!

## **Tone 8 Kontakion** (from the *Lenten Triodion*)

Thou hast glorified the company of God-bearing  
fathers who enlighten the world  
as preachers of godliness and silencers of  
impiety.  
At their prayers, keep all who praise and  
magnify Thee, in perfect peace,//  
that they may sing to Thee: “Alleluia!”

## **Tone 7 Prokeimenon** (from the *Lenten Triodion*)

Let the saints exult in glory, / let them sing for  
joy on their couches! (*Ps. 149:5*)

## **Epistle of the Saturday** (Rom 14:19-23, 16:25-27)

Therefore let us pursue the things which make  
for peace and the things by which one may edify  
another. Do not destroy the work of God for the  
sake of food. All things indeed are pure, but it is  
evil for the man who eats with offense. It is  
good neither to eat meat nor drink wine nor do  
anything by which your brother stumbles or is  
offended or is made weak. Do you have faith?  
Have it to yourself before God. Happy is he who  
does not condemn himself in what he approves.  
But he who doubts is condemned if he eats,  
because he does not eat from faith; for whatever  
is not from faith is sin.

Now to Him who is able to establish you  
according to my gospel and the preaching of  
Jesus Christ, according to the revelation of the  
mystery kept secret since the world began but  
now made manifest, and by the prophetic  
Scriptures made known to all nations, according  
to the commandment of the everlasting God, for

obedience to the faith— to God, alone wise, be  
glory through Jesus Christ forever. Amen.

## **Gospel of the Saturday** (Matthew 6:1-13)

And He said: “Take heed that you do not do your  
charitable deeds before men, to be seen by them.  
Otherwise you have no reward from your Father  
in heaven. Therefore, when you do a charitable  
deed, do not sound a trumpet before you as the  
hypocrites do in the synagogues and in the  
streets, that they may have glory from men.  
Assuredly, I say to you, they have their reward.  
But when you do a charitable deed, do not let  
your left hand know what your right hand is  
doing, that your charitable deed may be in  
secret; and your Father who sees in secret will  
Himself reward you openly.

“And when you pray, you shall not be like the  
hypocrites. For they love to pray standing in the  
synagogues and on the corners of the streets,  
that they may be seen by men. Assuredly, I say  
to you, they have their reward. But you, when  
you pray, go into your room, and when you have  
shut your door, pray to your Father who is in  
the secret place; and your Father who sees in  
secret will reward you openly. And when you  
pray, do not use vain repetitions as the heathen  
do. For they think that they will be heard for  
their many words.

“Therefore do not be like them. For your Father  
knows the things you have need of before you  
ask Him. In this manner, therefore, pray:

Our Father in heaven,  
Hallowed be Your name.  
Your kingdom come.  
Your will be done  
On earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our debts,  
As we forgive our debtors.

And do not lead us into temptation,  
But deliver us from the evil one.  
For Yours is the kingdom and the power and the  
glory forever. Amen..

## **Communion Hymn for the Monastics**

Rejoice in the Lord, O you righteous! Praise  
befits the just. (*Ps. 32:1*) Alleluia, Alleluia,  
Alleluia!

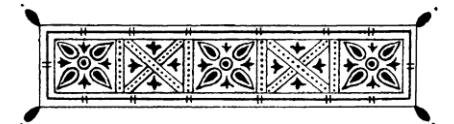
## Cheesefare Saturday

Having led us gently through the preceding  
Feasts, the God-bearing Fathers have prepared  
us for the arena of the Fast and led us away  
from luxury and satiety. They have instructed us  
with fear of the future Judgment, and have  
skillfully cleansed us by anticipation during  
Cheesefare week, having placed two fast days in  
the middle of the preceding week, in order  
gradually to rouse us to fasting. Behold, they  
now set in our midst those who lived lives of  
sanctity, through their many labors and toils,  
both men and women, so that, by reminding us  
of their struggles, they might make us more  
vigorous for the contest, and so that, having  
their lives as an example and guide, and  
eliciting their alliance and aid, we might disrobe  
for spiritual exertions, taking it into account  
that they shared in the same nature as  
ourselves. For, just as generals, when their  
armies are arrayed and are already standing in  
line, stir up their own troops by recounting  
examples and memories of men of old who  
fought with distinction and valor, and the  
troops, stimulated thereby with the hope of  
victory, set out wholeheartedly for combat, so  
also do the God-bearing Fathers wisely act in  
our case. Encouraging both men and women to  
spiritual contests through the example of those  
who have lived in holiness, in this way they  
bring them to the arena of the Fast, in order  
that, looking to their lives as an excellent  
prototype, we might attain to the many different  
kinds of virtue, as each of us is able: first, love,

and then conscious abstinence from unseemly  
works and deeds, and fasting itself, that is, not  
just from food, but also from the sins of the  
tongue, anger, sins of the eyes, and, to put it  
simply, refraining from all that is evil. For this  
reason, the Holy Fathers appointed the present  
commemoration of all the Ascetic Saints,  
adducing those who were well-pleasing to God  
for fasting and other good works, urging us to  
proceed, in their image, to the arena of the  
virtues, and exhorting us to arm ourselves  
valiantly against the passions and the demons,  
reckoning that if we show zeal equal to theirs,  
there is no impediment to our achieving all that  
they achieved and being vouchsafed the same  
rewards; for, they shared in the same nature as  
ourselves.

Concerning Cheesefare week, when it was  
previously permitted to eat meat, some say that  
Emperor Heraklios decreed its present form.  
After campaigning against Chosroës and the  
Persians for six years, he vowed to God that, if  
he prevailed against them, he would alter this  
week and make it intermediate between fasting  
and feasting, which he did. In my opinion,  
although this may have been the case, the Holy  
Fathers devised this week as kind of preparatory  
cleansing, lest we should become disgruntled at  
being led straight from consuming meat and  
overeating to extreme abstinence from food and  
damage our physical health, and so that, by  
abstaining gently and gradually from rich and  
delectable foods, we might, like recalcitrant  
horses, through a reduced intake of food, accept  
the bridle of fasting. That which they devised  
for the soul through parables, they also did for  
the body, little by little removing impediments  
to fasting.

By the intercessions of all Thine Ascetic Saints,  
O Christ our God, have mercy on us. Amen.





# Hymns and Readings for Sunday, March 14

## **Tone 7 Troparion** (Resurrection)

By Thy Cross Thou didst destroy death.  
To the thief Thou didst open Paradise.  
For the Myrrhbearers Thou didst change  
weeping into joy,  
and Thou didst command Thy disciples, O Christ  
God,  
to proclaim that Thou art risen,//  
granting the world great mercy.

## **Tone 4 Troparion** of St Nicholas

You appeared to your flock as a rule of faith,  
an image of humility, and a teacher of  
abstinence.  
Because of your lowliness heaven was opened to  
you!  
Because of your poverty riches were granted to  
you!  
O holy Bishop Nicholas,  
pray to Christ our God to save our souls.

*Glory to the Father, and to the Son, and to the Holy Spirit.*

## **Tone 3 Kontakion** of St Nicholas

You appeared as a priest in Myra, O Saint  
Nicholas,  
Fulfilling the gospel of Christ, O ven'rable one;  
You laid down your life for your people  
And rescued the innocent from death.  
Therefore you have been blest as a great init'ate  
of the grace of God.

*Now and ever and unto ages of ages. Amen.*

## **Tone 6 Kontakion** (from the Lenten Triodion)

O Master, Teacher of wisdom,  
Bestower of virtue,  
Who teachest the thoughtless and protectest the  
poor,  
strengthen and enlighten my heart!  
O Word of the Father,

let me not restrain my mouth from crying to  
Thee:  
“Have mercy on me, a transgressor,//  
O merciful Lord!”

## **Tone 8 Prokeimenon** from the Triodion

Pray and make your vows before the Lord, our  
God! (Ps. 75:10a)

## **Epistle** of the Sunday (Romans 13:11-14:4)

And do this, knowing the time, that now it is  
high time to awake out of sleep; for now our  
salvation is nearer than when we first believed.  
The night is far spent, the day is at hand.  
Therefore let us cast off the works of darkness,  
and let us put on the armor of light. Let us walk  
properly, as in the day, not in revelry and  
drunkenness, not in lewdness and lust, not in  
strife and envy. But put on the Lord Jesus Christ,  
and make no provision for the flesh, to fulfill its  
lusts.

Receive one who is weak in the faith, but not to  
disputes over doubtful things. For one believes  
he may eat all things, but he who is weak eats  
only vegetables. Let not him who eats despise  
him who does not eat, and let not him who does  
not eat judge him who eats; for God has  
received him. Who are you to judge another's  
servant? To his own master he stands or falls.  
Indeed, he will be made to stand, for God is able  
to make him stand.

## **Gospel** of the Sunday (Matthew 6:14-21)

“For if you forgive men their trespasses, your  
heavenly Father will also forgive you. But if you  
do not forgive men their trespasses, neither will  
your Father forgive your trespasses.

“Moreover, when you fast, do not be like the  
hypocrites, with a sad countenance. For they  
disfigure their faces that they may appear to

men to be fasting. Assuredly, I say to you, they  
have their reward. But you, when you fast,  
anoint your head and wash your face, so that  
you do not appear to men to be fasting, but to  
your Father who is in the secret place; and your  
Father who sees in secret will reward you  
openly.

“Do not lay up for yourselves treasures on earth,  
where moth and rust destroy and where thieves  
break in and steal; but lay up for yourselves  
treasures in heaven, where neither moth nor  
rust destroys and where thieves do not break in  
and steal. For where your treasure is, there your  
heart will be also.

## The Fall of Adam

On this day we commemorate the fall of Adam the  
first-created from partaking of the fruit of Paradise,  
which our holy and divine Fathers have appointed for  
the Sunday before Great Lent in order to demonstrate  
the great healing effect of the fast upon human nature  
and the great harm of intemperance and  
disobedience. Setting aside the countless instances of  
these vices in the world, the Fathers have put forth a  
vivid example in first-created Adam, who suffered  
great harm in his total failure to fast and brought this  
harm upon our nature. He did not keep the first  
commandment of a beneficial fast which God had  
required of mankind, but yielding to the desires of his  
belly and of the serpent through Eve, he not only did  
not become godlike, but he gave rise to death,  
bringing perdition upon all our race. For the sake of  
Adam's intemperance the Lord fasted for forty days  
and was obedient. It was for this reason that the holy  
Apostles conceived this present forty-day fast, so that  
as Adam forfeited incorruption through his  
intemperance, we may regain it through abstinence.  
Also, as was stated earlier, it was the intent of the  
Holy Fathers through the Triodion to relate in a  
condensed form all of God's acts from the beginning  
to the end of the world. Since Adam's transgression  
and fall through the eating of the fruit of the tree is  
the principal cause of the state of mankind, the  
Fathers exhort us who are observing this  
commemoration to avoid Adam's sin and to shun  
intemperance in all things.

Now it was on the sixth day that Adam was created by  
the hand of God after His own image and through His  
life-giving breath. Receiving God's commandment, he  
lived in Paradise up until the sixth hour, when he  
disobeyed God's command and was driven out. And as  
he stretched out his hand at the sixth hour to touch  
the fruit, so the new Adam, Christ, at the sixth day  
and hour stretched out his hands upon the Cross,  
annulling the sentence of perdition brought about by  
the former Adam. For he was created in the midst of  
corruption and incorruption through providence with  
the freedom of choice. God could have made Adam  
sinless, yet His providence was to provide for  
reparation. For this cause He gave His commandment  
that Adam might partake of all in the garden, save the  
one tree. Does this not mean that Adam was meant to  
understand the essence of all created by the divine  
power, but was not to attempt to understand the  
essence of the Godhead; That is to say God  
commanded Adam to concern himself will all other  
elements and qualities, reasoning with his mind to  
the glory of God; for this is true nourishment. But he  
was not to search for the divine essence: God, who He  
is, where He is and how He brought all things into  
being out of nothingness. Yet to his own harm Adam,  
having no care for the other things, sought to  
examine God and to determine His essence; and since  
he was not perfect but still a simple child, he failed in  
his undertaking, when through Eve Satan planted in  
him the desire of becoming Godlike.

Some say that the tree of disobedience was a fig tree,  
and becoming aware of their nakedness, Adam and  
Eve used its leaves to cover themselves. For this  
reason Christ cursed the fig tree as the cause of that  
disobedience, attributing to it a sort of resemblance  
to sin. For having transgressed becoming clothed in  
mortal flesh and receiving the curse, Adam was  
driven from Paradise. And at God's command a  
flaming sword guarded its gates. Adam sat before the  
gates of Paradise and lamented the many blessings he  
had lost in his failure to observe a timely fast. And  
through him the entire race shared in that sentence,  
until our Creator, taking pity on our nature which  
because of Satan was perishing, was born of the Holy  
Virgin and lived an exceptional life, showing us the  
path away from the devil, that is abstinence and  
humility, and valiantly gaining the victory over the  
deceiver, returned us to our former state.